

YAKISOBA (BEEF AND SPAGHETTI)

Yield 100

Portion 1 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|---------|---------|
| 329 cal | 31 g | 30 g | 8 g | 70 mg | 1002 mg | 27 mg |

Ingredient

| <u>Ingredient</u> | <u>Weight</u> | <u>Measure</u> | <u>Issue</u> |
|-----------------------------|----------------------|-----------------------|---------------------|
| BEEF,OVEN ROAST,TEMPERED | 25 lbs | | |
| WATER,BOILING | 50-1/8 lbs | 6 gal | |
| SALT | 1-2/3 oz | 2-2/3 tbsp | |
| SPAGHETTI NOODLES,DRY | 8 lbs | 2 gal 5/8 qts | |
| COOKING SPRAY,NONSTICK | 1 oz | 2 tbsp | |
| ONIONS,FRESH,CHOPPED | 4-1/4 lbs | 3 qts | 4-3/4 lbs |
| PEPPERS,GREEN,FRESH,CHOPPED | 4-1/4 lbs | 3 qts 1 cup | 5-1/4 lbs |
| WATER | 4-1/8 lbs | 2 qts | |
| SOY SAUCE | 1-5/8 lbs | 2-1/2 cup | |
| SALT | 3-1/8 oz | 1/4 cup 1-1/3 tbsp | |
| GARLIC POWDER | 1 oz | 3-1/3 tbsp | |
| GINGER,GROUND | 1 oz | 1/4 cup 1-1/3 tbsp | |
| PEPPER,BLACK,GROUND | 3/8 oz | 1 tbsp | |
| ONIONS,GREEN,FRESH,CHOPPED | 11-1/8 oz | 3-1/2 cup | |

Method

- 1 Trim excess fat from roast. Slice beef into thin slices, 1/4-inch or less. Cut slices into strips 2-1/4x2-inches.
- 2 Add salt to boiling water. Slowly add spaghetti while stirring constantly until water boils again. Cook spaghetti in water until tender, about 10 to 12 minutes, stirring occasionally. Do not over cook. Drain thoroughly.
- 3 Spray steam-jacketed kettle or tilt fry pan with non-stick cooking spray. Cook beef 3 to 4 minutes or until beef begins to lose red color, stirring constantly.
- 4 Add onions and peppers; cook 4 minutes or until beef is done and vegetables are tender-crisp, stirring constantly. CCP: Internal temperature of beef must reach 145 F. or higher for 15 seconds.
- 5 Combine water, soy sauce, garlic powder, ginger, and pepper. Add to meat mixture. Stir to distribute seasonings.
- 6 Add spaghetti and green onions; stir until thoroughly mixed. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

Notes

- 1 In Step 1, 18 pounds 12 ounces of ready-to-use beef cut for fajitas may be used per 100 portions. Cut into 2-inch pieces.